

## KAPA'A SENIOR CENTER CALENDAR -OCTOBER 2017

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	Exercise w/Marta (8-9AM) 4	5	6
	Ukulele (9-11AM)	Drummercise (9-10AM)	***Assembly***(9:30AM)	Exercise w/ Marta (8-9AM)
	Beg. Ukulele (11-12PM)	Hawaiian Quilt'g (9-11 AM)		Dummercise (9-10AM)
		Tai Chi (10-11AM)	BINGO	
	Japanese Dance (9-11AM)	LocalStyleUkulele(9-11:15AM)		Tai Chi for Arthritis
		Hula (11:15-12:30PM)	Steering Committee 11AM	(10:30-11:30AM)
9	10	11	12	13
Exercise w/Marta	Ukulele (9-11AM)	Exercise w/Marta (8-9AM)	***Assembly***(9:30AM)	Exercise w/ Marta (8-9AM)
(8-9AM)	Beg. Ukulele (11-12PM)	Drummercise (9-10AM)		Drummercise (9-10:00AM)
<b>Body Wisdom for Seniors</b>		Hawaiian Quilt'g (9-11 AM)	Organize & Price Items	
(9:30AM-10:30AM)	Japanese Dance (9-11AM)	Tai Chi (10-11AM)	for All Island Craft Fair	Tai Chi for Arthritis
Senior Yoga		LocalStyleUkulele/Hula	10/20/2017	(10:30-11:30AM)
(11-12PM)		Outreach10AMHale Kupuna		
16	17	18	19	20
Exercise w/Marta	Ukulele (9-11am)	Exercise w/Marta(8-9AM)	***Assembly***(9:30AM)	Exercise w/ Marta (8-9AM)
(8-9AM)	Beg. Ukulele (11-12PM)	Drummercise (9-10AM)		Drummercise (9-10:00AM)
Body Wisdom for Seniors		Hawaiian Quilt'g (9-11 AM)	Make Energy Bars	
(9:30-10:30AM)	Japanese Dance (9-11AM)	Tai Chi (10-11AM)		Tai Chi for Arthritis
Senior Yoga		LocalStyleUkulele(9-11:15AM)		(10:30-11:30AM)
(11-12PM)		Hula (11:15-12:30PM)		
23	24	25		
Exercise w/Marta	Ukulele (9-11AM)	Exercise w/ Marta (8-9AM)	***Assembly***(9:30AM)	Exercise w/ Marta (8-9AM)
(8-9AM)	Beg. Ukulele (11-12PM)	Drummercise (9-10AM)	Birthday Recognition	
Body Wisdom for Seniors		Hawaiian Quilt'g (9-11 AM)	Holloween Theme	Drummercise (9-10:00AM)
(9:30-10:30AM)	Japanese Dance (9-11AM)	Tai Chi (10-11AM)	POT LUCK * CAKE * FUN	
Senior Yoga		LocalStyleUkulele (9-11:15AM)		Tai Chi for Arthritis
(11-12PM)		Hula (11:15-12:30PM)		(10:30-11:30AM)
30	31			
Exercise w/Marta	Ukulele (9-11AM)			
(8-9AM)	Beg. Ukulele (11-12PM)			
<b>Body Wisdom for Seniors</b>				
(9:30-1o:30AM)	Japanese Dance (9-11AM)			
Senior Yoga				
(11-12PM)	NordicWalking(7:30-9:30AM)			